

Foodnity Recipes

Sticky Chicken Poke Bowls Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, cubed
- [ ] 2 cups cooked jasmine rice
- [ ] 1 cup cucumber, diced
- [ ] 1 cup carrot, shredded
- [ ] ½ cup edamame, shelled
- [ ] 2 tbsp sesame seeds, toasted

Marinade & Sauce

- [ ] ¼ cup low-sodium soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp grated ginger
- [ ] 1 tsp sesame oil
- [ ] Juice of ½ lime

Instructions

1. In a bowl, whisk together soy sauce, honey, rice vinegar, ginger, sesame oil, and lime juice to form the glaze.
2. Add chicken cubes to the glaze, toss to coat, and let sit for 5-10 minutes while you prep the rice.
3. Heat a large skillet over medium-high heat; add a drizzle of oil and sear the chicken until golden and sticky, about 6-8 minutes.
4. While the chicken cooks, prepare the rice and arrange cucumber, carrot, and edamame in separate bowls.
5. Once chicken is glazed, remove from heat. Assemble bowls with rice, chicken, veggies, and sprinkle toasted sesame seeds on top.
6. Finish with an extra drizzle of glaze if desired and a quick squeeze of fresh lime.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too much, add a splash of water to loosen it.
- For extra crunch, add sliced radish or pickled ginger.
- Ugh, remember to pat the chicken dry; excess moisture stops the glaze from sticking.